



206

There are **206 bones** in your body

12

It takes an average of **12 weeks** to heal a broken bone

90

Million – the number of individuals in the Middle East and India affected by osteoporosis and low bone density.

1:2

The ratio of women who will have a fracture after age 50

8

The number of bones in each wrist (also known as the carpals),

50%

50% water and **50% solid matter** - the composition of your bones.

bdTM

FRACTURE

What a **broken bone** is called.

OSTEOPENIA

(Now called **low bone density**) - the condition where bone mineral density is low. This may not be an indication of bone loss.

BONE FACTS #1

Source: American Bone Health